

Frozen Banana Pop

Makes: 4 Servings

Engage your kids in a fun activity by having them slice and dip ripe bananas in orange or lemon juice and place the bananas in the freezer for several hours to create this tasty snack or dessert.

Ingredients

2 bananas, ripe
1/8 cup orange juice (or lemon juice)
 Other Necessary Tools/Equipment
 craft sticks
 foil

Directions

1. Peel each banana and cut in half (width-wise).
2. Insert craft stick into bottom of each banana half. Dip each banana half into juice.
3. Wrap in foil and freeze for two or more hours.

Notes

Optional Toppings: Dip in chocolate, then roll in chopped nuts, crushed cereal, shredded coconut or sprinkles.

Nutrition Information

Nutrients	Amount
Calories	56
Total Fat	0 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	1 mg
Total Carbohydrate	14 g
Dietary Fiber	2 g
Total Sugars	8 g
Added Sugars included	0 g
Protein	1 g
Vitamin D	0 mcg
Calcium	4 mg
Iron	0 mg
Potassium	225 mg
N/A - data is not available	
MyPlate Food Groups	
 Fruits	1/2 cup